

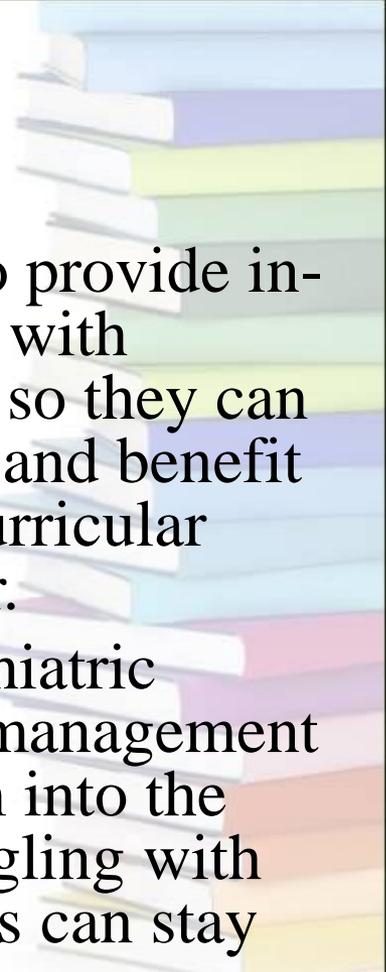
A photograph of a classroom. In the foreground, there are several rows of light-colored wooden desks with green chairs. The floor is made of light-colored wood. In the background, a large green chalkboard is mounted on a white wall. The chalkboard has white text written on it. Below the chalkboard, on the white wall, there is a logo for 'ESS EFFECTIVE SCHOOL SOLUTIONS'.

Therapeutic Mental Health Services in the Bernards Township School District 2017-2018

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ESS Mission

- The mission of Effective School Solutions is to provide in-school intensive clinical programs for students with significant emotional and behavioral problems so they can be maintained within the public school system and benefit from the wide range of educational and extracurricular opportunities that only public schools can offer.
- The mission is accomplished by bringing psychiatric expertise, proven treatment protocols, quality management activities and a comprehensive delivery system into the educational environment so that students struggling with significant emotional and behavioral challenges can stay and thrive in the public school setting.

A stack of several books with colorful spines in shades of blue, green, yellow, and red, positioned in the upper right corner of the slide.

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ESS Development

- ESS began as an outgrowth of a private therapeutic school in New Jersey for students with significant psychiatric and emotional problems, Cornerstone Day School.
- ESS started providing services in Sept 2009 in New Jersey and expanded to Connecticut in September 2015.
- Overall, ESS is providing services in 58 schools in 35 school districts.

ESS Presence



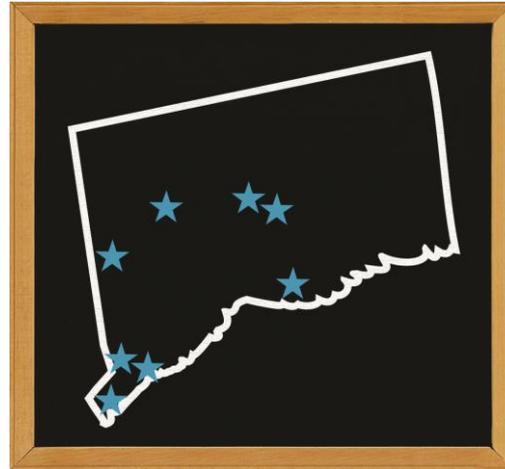
New Jersey

Boonton
Caldwell-West Caldwell
Cherry Hill
Cranford
Deptford
Florence
Franklin

Freehold
Glen Ridge
Greater Egg Harbor
Hamilton
Hillsborough
Livingston
Mahwah

Middletown
Millville
Montgomery
Montclair
Morris Hills
Morristown
Parsippany - Troy Hills

Sayreville
Scotch Plains-Fanwood
South Orange-
Maplewood
Union
Vernon
Westfield



Connecticut

Berlin
Fairfield
Greenwich
Madison

Middletown
New Milford
Thomaston
Weston



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High Risk Student Issues

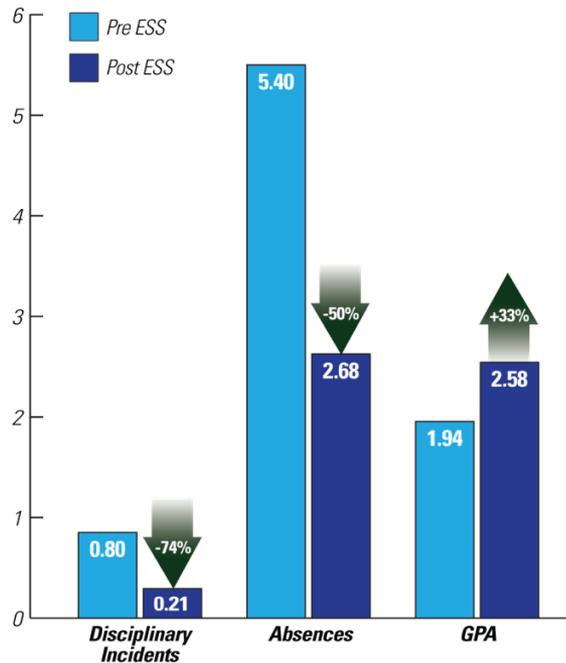
Students who receive services by ESS typically demonstrate a number of problems that place them at risk for any number of consequences, including out-of-district placement, extended home instruction, exhausting the resources of the district and of course, a poor educational record.

Here is a partial list:

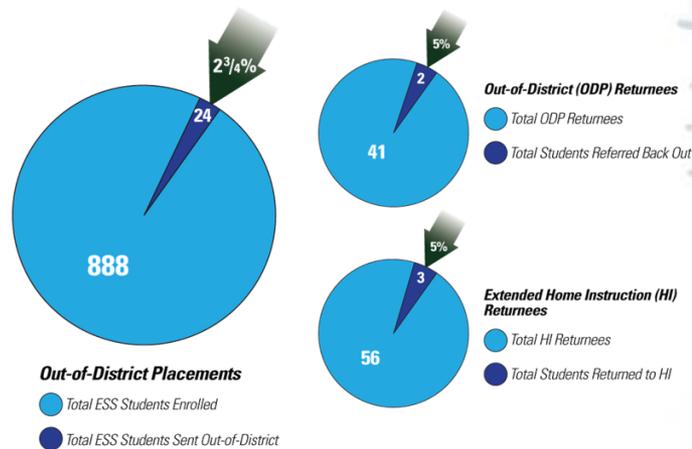
- Suicidal ideation
- School avoidance
- Aggressive behaviors at school and/or at home
- Depression
- Substance abuse
- Severe anxiety
- Misc symptoms leading to psychiatric hospitalization
- High risk sexual behavior

ESS Aggregate Data

Effective School Solutions 2015-2016 Results



Maintaining and Returning Students to District



Above data represents the average of ESS high school student performance over the four marking periods of the school year.

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What Makes ESS So Effective?

I Clinical Programming

Student Focused

Daily Structured Contacts

1. Group Therapy
2. Independent Lunch Period
3. Study Skills

Individual Therapy

Crisis/Classroom Intervention

School Avoidance/Home Visits

Parent Focused

Family Therapy

Family Psycho-Education and Support Program

Solutions, the ESS parent newsletter



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What Makes ESS so Effective?

II Team of Mental Health Professionals

Highly Experienced Clinical Staff

Regional Clinical Director

QM staff member

III Working with School Leadership

Weekly administrative meeting

Monthly Principal/ DSS meeting

Open House and CST lunches

IV Education and Training of Teaching Staff

On-site in-service training on working with emotionally fragile and behaviorally disruptive students in the classroom throughout the school year

Selected teaching staff attend all-day off-site trainings for in-depth trainings

Insights, the ESS newsletter for educational professionals



School Avoidance

- ESS works extensively with students struggling with school avoidance in many of our districts.
- The significant absences decline in the aggregated data is very tied to the improvement among these students.
- ESS has developed specialized protocols that have led to our success with these students.

School Avoidance

The specialized protocols includes:

- Specialized assessments of student family
- Attendance tracking
- Home visits
- Parental coaching supplementing family therapy
- Intensive support during the school day



ESS Impact on the District

Districts contract with ESS for two reasons

1. The dramatic improvement in the school-related performance of students with emotional and behavioral problems enrolled in ESS programming
2. The reduction in the costs of out-of-district placements. Obviously, the costs vary but the savings just grow with time because the prevention of one student from placement saves money for a district with each advancing year as a student is typically out of district for at least several years.

ESS in the Bernards Township School District

Program Launching in Ridge High School

Fall 2017

Program Capacity

The capacity in each school will be 18 students

ESS Staffing

- Two full-time mental health professionals
- Regional Clinical Director
- Quality Management Team Member



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The Solution That Cannot be Replicated



The mission of ESS is to provide state-of-the-art clinical services for students with emotional and behavioral problems at risk for out-of-district placement and/or stress the existing resources of a school district. ESS has created a unique approach to working that has yielded highly positive results. Districts can contract with “rent a therapist” companies or try to provide counseling services on their own, but neither of these options will ever approximate the ESS model that essentially guarantees success. Objective data indicates that once a student enters ESS, his/her grades and attendance increase substantially while there is a corresponding decrease in disciplinary incidents. Moreover, the need for an out-of-district placement is essentially ended, with less than 2.5% of students ever needing a placement.

What makes ESS remarkably successful and so hard to replicate? The best way to answer this question is to understand what we call the Eight Elements of ESS Success, all of which are unique to ESS.

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